



Happy February! It's the month where chocolate is a food group, and the Super Bowl commercials are the real MVPs. Whether you're cheering for the Chiefs or the Eagles, or just here for the snacks and laughs, we hope you have a fantastic time!

Special Events: We will have our Super Bowl party on Thursday, February 6th at 2:00pm-3:30pm. We will have lots of games, food, drinks and trivia, followed by American Underdog movie. We will have our Valentine's Party on Thursday, February 13th from 2:00pm-3:30pm, there will be games, food, drinks and music and a fun picture booth, followed by the movie Valentine's Day. We will have karaoke on Monday, February 10th with Bruce Turner from 2:00pm-3:30pm. On Thursday, February 27th we will have our Casino Day. This will be an opportunity to play several different casino games with our staff, win prizes, and have food and drinks. This will be from 2:00pm-4:00pm, we will also have a fun picture booth.

Announcements: Families are welcome and encouraged to come to any of our activities with their loved ones. Staff and residents love having you here.

Special Thanks: Thank you VNA Hospice for doing crafts with us once a month. Thank you Legacy Hospice for doing our ice cream social in January and helping with the super bowl party in February-coming up. Thank you Alex Palmer for coming once a month a doing Bible study with us on Wednesday morning. Thank you VNA Hospice for doing church service and memorial service for those we have lost the previous months-on the first Wednesday of every month. Thank you First Christian Church for having church with our residents the last Sunday of every month. Thank you Holcomb Beta students for helping with our New Year's bingo and party in January. Thank you to all families who donate and volunteer, several help our residents with bingo when they are visiting their family, those who are unable to play for themselves.

Pride in Food Service Week

From February 3rd to 7th, we are celebrating Pride in Food Service Week. We want to extend a heartfelt thank you to our incredible partners in Food and Nutrition Services. These dedicated team members work tirelessly to ensure our patients receive delicious and nutritious meals multiple times a day.

During your next visit, please take a moment to express your gratitude and appreciation for their hard work and commitment. We appreciate you joining us in recognizing and celebrating our amazing Food and Nutrition Services team!



Celebrate Heart Month with Us!

February is American Heart Month, a time to raise awareness about heart disease and promote heart-healthy lifestyles. Heart disease is the leading cause of death in the U.S., but many cases can be prevented with healthier choices. This month, let's take action to protect our hearts and encourage our loved ones to do the same.

Learn about the signs of heart disease, adopt heart-healthy habits, and support initiatives like the American Heart Association's "Life is Why" campaign. Together, we can make a difference in the fight against heart disease. [Visit our blog post](#) to read more and take steps to safeguard your heart health!



American Heart Association.
Life is Why®

**FIND
RETAIL
SUPPORTERS
NEAR YOU**

Friendly Reminder

The season is here where flu and other viruses are prevalent in our community. We kindly ask for your cooperation in keeping our patients safe and healthy. If you are feeling unwell, please consider postponing your visit until you are feeling better. Your understanding and support are greatly appreciated as we work together to maintain a healthy environment for everyone.

Thank you for your help and consideration!

**FEELING SICK?
PLEASE STAY
HOME**

NHC
NATIONAL HEALTHCARE
CORPORATION